

# KIM BECKING

SPEAKER • AUTHOR • LIFE COACH • CANCER AND LIFE THRIVER  
[www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com)



For Booking Info, contact Kim: [kim@lookingforwardlivinglife.com](mailto:kim@lookingforwardlivinglife.com) or 573-808-6315

Kim Becking is a nationally sought after motivational speaker, author and life coach. More importantly, Kim is a cancer and life thriver who truly believes that life's inevitable challenges are an opportunity to pause and reinvent ourselves – not only surviving but thriving, even in the midst of unexpected change, challenges and adversity. In 2002, at the age of 30, while planning her son's second birthday Kim was diagnosed with breast cancer. She fought it and with her friends and co-authors, wrote a book – *Nordie's at Noon – the Personal Stories of Four Women "Too Young" for Breast Cancer*. Kim's passion to tell her story and share the tools she used to not only survive, but thrive, through cancer and life, has made her a favorite among audiences.

Kim's story of thriving is one that she can tell through many chapters – some expected, but others very much unexpected: her battle with breast cancer at the age of 30; the demands of owning her own business; patient advocacy; the balance of being a working mother; the unexpected challenges of marriage, family and divorce; having a second chance at love; remarrying a widower with two small children; and adjusting to a fabulous new life in a blended household as Kim Becking – mom of three, party of five.

No matter the challenge, Kim has continued to reinvent herself – always looking forward, living life and making every day count. For over 13 years Kim has put audiences at ease while inspiring them through her stories of survival and reinvention. Audiences ranging from cancer survivors to health care professionals; from corporate leadership to non-profit organizations have gained insight and perspective from her keynotes, breakout sessions, workshops and retreats. Whether as a keynoter, moderator, panelist or host, Kim continues to inspire her audiences with her gifts of honesty, courage, hope and laughter.



## Kim's Programs

### Surviving and Thriving: I Still Buy Green Bananas

We all need hope – something to look forward to, something that drives us in our lives, even on those days when we think we can't get out of bed. After hearing Kim's presentation, audiences will want to rush to the grocery store and buy green bananas, which to Kim signified hope during her cancer journey as she was determined to be here when they ripened. Kim provides practical tips to not only survive, but thrive, after hearing those words "You Have Cancer." **\*This is a favorite amongst cancer thrivers.**

### We All Have Our Scars: Perspectives from a Breast Cancer Survivor: Just Be YOU tiful

In life, we all have our scars – whether it's physical or emotional – and we must learn to accept them and find that inner spirit we all possess in order to live a joyful life. Kim shares her own perspective about her scars in a courageous and funny way – her journey with her physical scars from her breast cancer diagnosis, but also the emotional scars of her divorce, dating and ultimately finding love again – all while learning to accept herself – scars and all. Audiences leave this presentation feeling empowered to face their own challenges and obstacles, and ultimately accept and learn from their own scars in life – whatever form they take.

### When Momma Ain't Healthy, Ain't Nobody Healthy: Taking Control of Your Health And Your Life

You've heard the saying – "If momma ain't happy, ain't nobody happy." Well, "if momma ain't healthy, ain't nobody healthy." Kim shares her experiences on how to make time for yourself, reduce stress, be your own health care advocate and ultimately take control of your health and your life – even when facing obstacles and challenges. After catching her breast cancer early because of breast self-exam, Kim is living proof that taking care of yourself can save your own life. Audiences will leave with practical tips on how to find balance and ensure that they are taking care of themselves in order to create a healthy and fabulous life.

**Many additional programs are available. For a complete listing, visit [www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com).** Programs can be adapted for a keynote, breakout, seminar, facilitation or retreat. Kim can tailor a combination of programs to meet your exact needs, including continuing education credits.

Connect With Kim:



[Facebook.com/lookingforwardlivinglife](https://www.facebook.com/lookingforwardlivinglife)



[Twitter.com/maketodaycount1](https://twitter.com/maketodaycount1)



[LinkedIn.com/in/kimbecking](https://www.linkedin.com/in/kimbecking)



## RAVE REVIEWS FOR KIM

***“Kim speaks with authority and compassion to breast cancer survivors. She encourages them to feel empowered to address the challenges they face as they travel the journey of breast cancer, and she inspires them to make the most of each and every day.”***

Toni Mountain – Survivor Programs Manager  
Susan G. Komen for the Cure  
Oregon & SW Washington Affiliate

***“Kim’s engaging and inspirational remarks provided our audience of young breast cancer survivors with guidance, empowerment, laughter and an encouraging look at the things in life that are truly valuable and worthwhile.”***

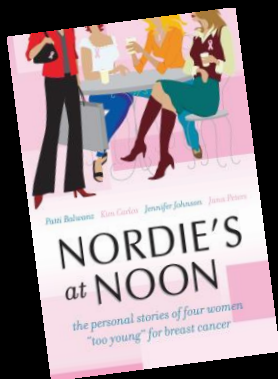
Elyse Caplan – Living Beyond Breast Cancer

***“Kim is insightful, compassionate, knowledgeable and sincere. We were so lucky to have her as our guest speaker. I would encourage everyone to take advantage of the opportunity to hear her speak.... it is a moving experience. She was fantastic. She was everything we hoped she’d be and more.”***

Sally Cascella, Norma Pfriem Breast Care Center

**Read more testimonials, review client list and see videos at [www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com).**

**Unforgettably real and inspirational, *Nordie’s at Noon* is a true story about four young friends diagnosed with breast cancer and the monthly luncheon that lifted their spirits.**



Kim is co-author of *Nordie’s at Noon—the Personal Stories of Four Women “Too Young” for Breast Cancer,* which has received national acclaim and been featured in national publications such as *People*, *SELF*, and the *New York Times*. She is the recipient of the Natalie Davis Spingarn Writer’s Award by the National Coalition of Cancer Survivorship, among many other honors.

*Nordie’s at Noon* shares the personal stories of four young professional women diagnosed with breast cancer at the age of 30 or younger. Once a month, they met at Café Nordstrom for lunch. It was their special place to laugh, cry and celebrate the journey of life after a cancer diagnosis. *Nordie’s at Noon* serves as a source of humor, strength, inspiration and education to anyone facing a cancer diagnosis and to those who love them.

Read more about *Nordie’s at Noon*: [www.lookingforwardlivinglife.com](http://www.lookingforwardlivinglife.com)

